An overview of FSS Labelling and display Regulations 2020

PRESENTATION BY

DHANYA KN,

DEPUTY DIRECTOR, FSSAI COCHIN

Section 23 of FSS Act 2006

- **Packaging and labeling of foods:-**

- No person shall manufacture, distribute, sell or expose for sale or dispatch or deliver to any agent or broker for the purpose of sale any packaged food products which are not marked and labeled in the manner as may be specified by Regulations.

IMPORTANT FSS REGULATIONS RELATED WITH FOOD BUSINESS OPERATION

REGULATION	DETAILS
FSS(LICENSING AND REGISTRATION OF FOOD BUSINESS) REGULATIONS, 2011	LICENSING AND REGISTRATION
FSS(FOOD PRODUCT STANDARDS AND FOOD ADDITIVES) REGULATIONS, 2011	FOOD STANDARDS
FSS(LABELLING AND DISPLAY) REGULATIONS , 2020	PACKAGING, LABELLING REQUIREMENTS
FSS(Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016	HEALTH SUPPLEMENTS ETC
FSS(IMPORT) REGULATIONS, 2017	IMPORT PROCESS
FSS(PROHIBITION AND RESTRICTIONS TO SALES) REGULATIONS, 2011	RESTRICTIONS/PROHIBITION ORDERS REG

REGULATION	DETAILS
Food Safety and Standards (Approval for Non-Specific Food and Food Ingredients) Regulation, 2017	PRODUCT APPROVAL
Food Safety and Standards (Organic Food) Regulation, 2017	ORGANIC FOOD
Food Safety and Standards (Alcoholic Beverages) Regulation, 2018	ALCOHOLIC BEVERAGES
Food Safety and Standards (Fortification of Food) Regulation, 2018	FOOD FORTIFICATION
Food Safety and Standards (Advertising and Claims) Regulation, 2018	ADVERTISEMENTS AND CLAIMS
Food Safety and Standards (Packaging) Regulation, 2018	PACKAGING REQUIREMENTS
Food Safety and Standards (Vegan Foods) Regulations, 2022	VEGAN FOODS

CHAPTER 1: Definitions

Implemented w.e.f 01/07/2022 onwards

"**Labelling**" means any written, printed or graphic matter that is present on the label, accompanies the food or is displayed near the food;

"Package/container" means a pre-packed box, bottle, jar, casket, tin, barrel, case, pouch, receptacle, sack, bag, wrapper or such other things in which an article of food is packed;

CHAPTER- 2
LABELLING OF PREPACKAGED FOODS

General requirements:

- **Any food item should have a label**
- **Pre-packaged food shall not be described or presented on any label or in any labelling in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect;**
- **The particulars of declaration required under these Regulations to be specified on the label shall be in English or Hindi in Devnagri script:**
- **Label on pre-packaged foods shall be applied in such a manner that it will not become separated from the container;**
- **Contents on the label shall be clear, unambiguous, prominent, conspicuous, indelible and readily legible by the consumer under normal conditions of purchase and use;**

Labelling Requirements.

2.5.1	The Name of Food:
2.5.2	List of Ingredients: Except for single ingredient foods,
	The name of ingredients used in the product shall be listed in descending order of their composition by weight or volume, as the case may be at the time of its manufacture;
	A food additive carried over into a food in an amount sufficient to perform a technological function in that food as a result of the use of raw material or other ingredients in which the additives was used shall be included in the list of ingredient;
	Where an ingredient is itself the product of two or more ingredients, such a compound ingredient shall be declared, by their specific names;
	A specific name shall be used for ingredients in the list of ingredients

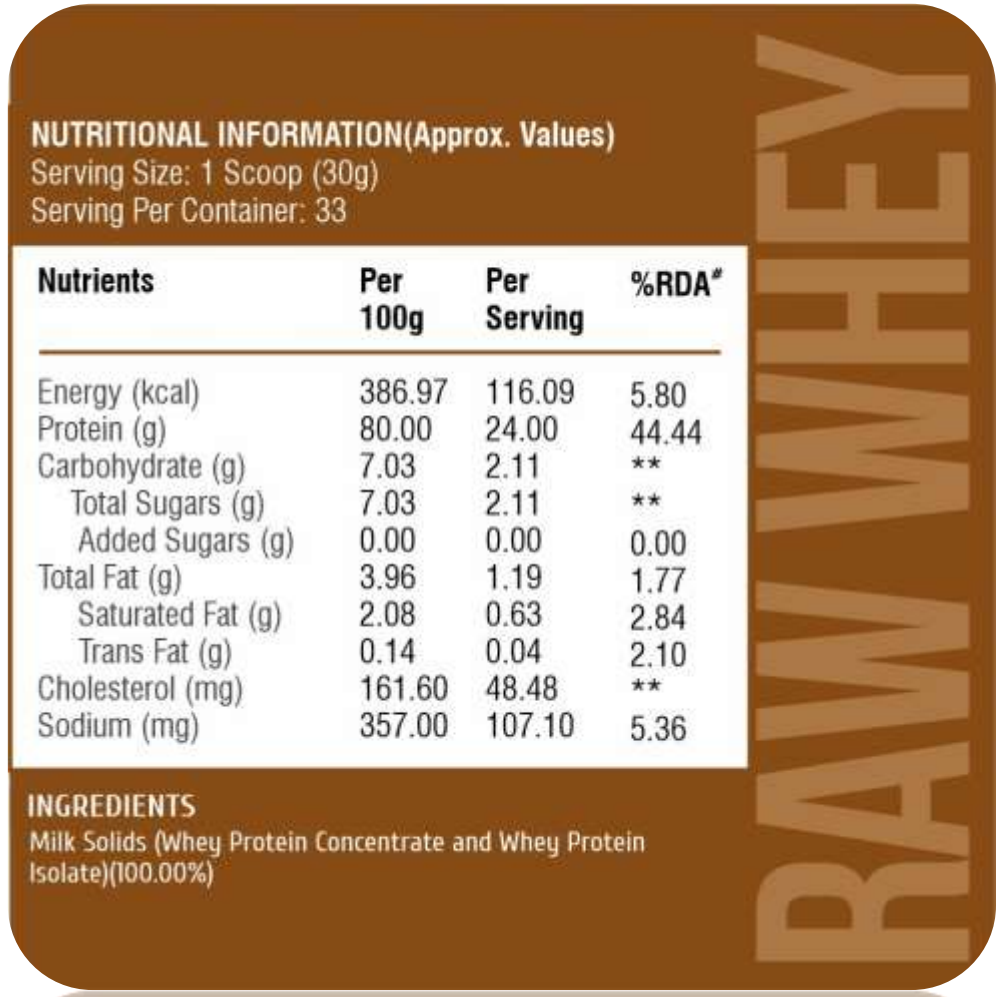
Name of the classes	
Edible vegetable oil	Give name of the specific edible oil.
Edible vegetable fat	Give type of vegetable fat (interesterified vegetable fat, fractionated fat, hydrogenated oils, partially hydrogenated oils, margarine and fat spreads, such as mixed fat spreads, vegetable fat spreads)
Animal fat / oil other than milk fat	Give name of the source of fat, pork fat, lard and beef fat or extract thereof shall be declared by specific means.
Starches, other than chemically modified starches	Starch
All species of fish where the fish constitutes an ingredient of another food and provided that the labelling and presentation of such food does not refer to a species of fish	Fish
All types of meat where such meat constitutes an ingredient of another food and provided that the labelling and presentation of such a food does not refer to a specific type of meat	Give name of the source of meat

Name of the classes	
All crystallized fruits/vegetables	Crystallized fruit/vegetable
All types of cheese where cheese or mixture of cheese constitute an ingredient of another food and provided that the labelling and presentation of such a food does not refer to a specific type of cheese	Cheese
All spices, herbs and condiments and their extracts	Spice and condiments, herbs or mixed spices/condiments as appropriate
All types of gum or preparations used in the manufacture of gum base for chewing gum and bubble gum	Gum base
Anhydrous dextrose and dextrose monohydrate	Dextrose or Glucose
Sucrose	Sugar
All types of caseinates	Caseinates
All vitamin(s) and their compounds	Vitamin(s)
Press, expeller or refined cocoa butter	Cocoa butter
All milk and milk products derived solely from milk	Milk solids (source may also be given)
Cocoa bean, Cocoa nib, Cocoa mass, Cocoa press cakes, Cocoa powder (Fine/dust)	Cocoa solids
All minerals and trace elements and their compounds/salts	Mineral (s) and/or trace element(s)

2.5.3 Nutritional information :

NUTRITIONAL INFORMATION
Typical Values

Serve Size: 38 g Servings per pack: 1	Per 100 g	Per serve % RDA
Energy	366 kcal	7.0
Protein	11.4 g	
Carbohydrate	69.7 g	
Total Sugars	8.2 g	
Added Sugars	6.0 g	4.6
Dietary Fibre	9.3 g	
Total Fat	4.7 g	2.7
Saturated Fat	1.8 g	3.1
Trans Fat	0.0 g	0.0
Sodium	2397 mg	45.5


NUTRITIONAL INFORMATION(Approx. Values)
Serving Size: 1 Scoop (30g)
Serving Per Container: 33
Nutrients | Per 100g | Per Serving | %RDA*
Energy (kcal) 386.97 116.09 5.80
Protein (g) 80.00 24.00 44.44
Carbohydrate (g) 7.03 2.11 **
Total Sugars (g) 7.03 2.11 **
Added Sugars (g) 0.00 0.00 0.00
Total Fat (g) 3.96 1.19 1.77
Saturated Fat (g) 2.08 0.63 2.84
Trans Fat (g) 0.14 0.04 2.10
Cholesterol (mg) 161.60 48.48 **
Sodium (mg) 357.00 107.10 5.36
INGREDIENTS
Milk Solids (Whey Protein Concentrate and Whey Protein Isolate)(100.00%)
RAW WHEY

File No. SS-T017/1/2022-Standard-FSSAI [E4478]

Food Safety and Standards Authority of India

(A Statutory Authority established under the Food Safety & Standards Act, 2006)

Science & Standards Division

FDA Bhawan, Kotla Road, New Delhi – 110002

Dated the 3rd February, 2022

Subject : Direction under Section 16(5) of Food Safety and Standards Act, 2006 regarding declaration of percentage (%) contribution to Recommended Dietary Allowance (RDA) for different age groups.

Reference is drawn to the Sub-Regulation 5(3)(b) of Food Safety and Standards (Labelling and Display) Regulations, 2020, which stipulates labelling of Nutritional Information per 100g or 100ml or per single consumption pack of the product and per ***serve percentage (%) contribution to Recommended Dietary Allowance calculated on the basis of 2000kcal energy, 67 g total fat, 22 g saturated fat, 2 g trans-fat, 50 g added sugar and 2000 mg of sodium (5 g salt) requirement for average adult per day***, on the label.

2. In this context, several representations from stakeholders were received regarding declaration of percentage (%) contribution to RDA in case of foods targeted for specific age groups and this concern is under consideration of sub-group constituted by FSSAI.
3. However, as the same is likely to take time and the enforcement of FSS (Labelling & Display) Regulation would begin from 1st July, 2022, ***it is clarified that in the case of foods which are targeted to a specific age group or physiological condition, respective RDA's may be considered for declaring per serve percentage (%) RDA - as per the direction F.No. Stds/SP-05/Orders/FSSAI dated 2nd August, 2021 - issued based on the recommended dietary allowance specified by the Indian Council of Medical Research***.
4. This issues with the approval of Competent Authority in exercise of the power vested with Food Authority under section 16(5) of FSS Act, 2006.

(Bhaskar N)
Advisor (Science & Standards)
FSSAI, New Delhi

Key Components for FSSAI RDA Calculation

1. Reference Values (Based on ICMR):

FSSAI mandates using specific RDA values for labelling, derived from ICMR guidelines.

- **Energy:** 2000 kcal (for adults).
- **Protein:** 54g/day (for sedentary adults) or 1g/kg body weight.
- **Fats:** Total Fat 67g, Saturated Fat 22g, Trans Fat 2g.
- **Sugars:** Added Sugar 50g.
- **Minerals/Vitamins:** Specific amounts (e.g., Calcium 1000mg, Iron 28mg for adult men/30mg for women).

2. Calculation for Label (Per Serving/100g):

- **For % RDA:** (Amount of Nutrient in Product / Daily RDA Value) * 100.
- **Example (Protein):** If a serving has 2.754g protein and the adult RDA is 54g, then (2.754g / 54g) * 100 = 5.1% RDA.

The following foods are exempted from mandatory nutritional labelling:

(i) Unprocessed products that comprise a single ingredient;

(ii) Processed products which the only processing they have been subjected to is maturing and that comprise a single ingredient;

(iii) Waters intended for human consumption, including those where the only added ingredients are carbon dioxide;

(iv) A herb, a spice or mixtures thereof / Curry Powder except Sprinkler masala (masalas meant for direct consumption);

(v) Salt and salt substitutes;

(vi) Table top sweeteners;

(vii) Coffee extracts and chicory extracts, whole or milled coffee beans and whole or milled decaffeinated coffee beans, coffee, decaffeinated coffee, soluble coffee powder, coffee chicory mixture;

(viii) Herbal and fruit infusions, tea, decaffeinated tea, instant or soluble tea or tea extract, decaffeinated instant or soluble tea or tea extract, which do not contain other added ingredients than flavourings which do not modify the nutritional value of the tea;

(ix) Fermented vinegars and substitutes for vinegar, including those where the only added ingredients are flavourings;

(x) Flavourings, Food additives, Processing aids, Food enzymes, Gelatine, Yeast

(xi) Chewing gum and bubble gum

(xii) Alcoholic Beverages.

(xiii) Foods for Special Dietary Uses (FSDU), Foods for Special Medical Purposes(FSMP), subject to the compliance of requirements specified in the Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016.

2.5.4 Declaration regarding Veg or Non veg.-

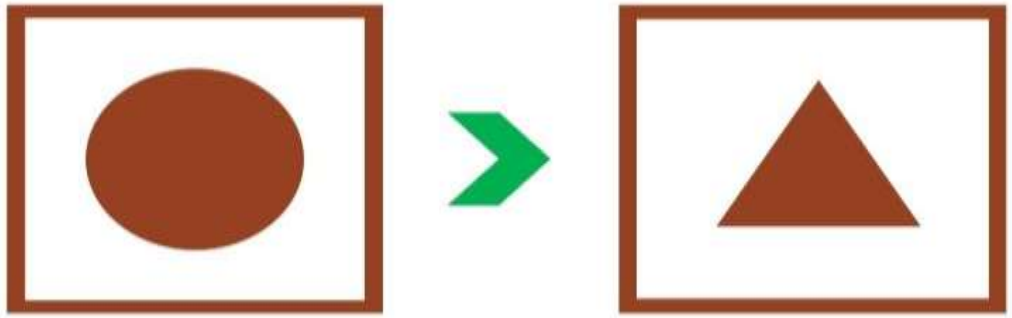
(a) Every package of Non-Vegetarian Food containing ingredients including food additives, processing aids of animal origin shall bear a declaration to this effect made by a symbol and colour code

Provided where any article of food contains egg only as Non-Vegetarian ingredient, the manufacturer, or packer or seller may give declaration to this effect in addition to the said symbol.

Every package of Vegetarian Food containing ingredients including food additives, processing aids of plant origin shall bear a declaration to this effect by a symbol and colour code as stipulated below. The symbol shall consist of a green colour filled circle inside a square with green outline having the diameter not less than the minimum size specified in the Table mentioned in the regulation 5 (4) (c), as indicated below:

Declaration regarding Veg or Non veg

Non-Veg logo

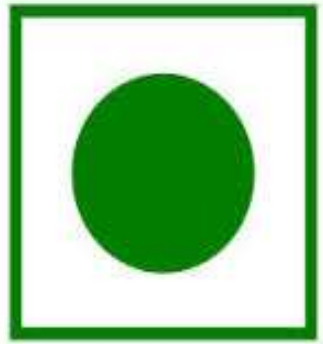


Old logo

New logo

The symbol shall consist of a brown colour filled triangle inside a square with brown outline.

Veg logo



2.5.5 Declaration regarding Food Additives.-

Functional classes for food additives shall be declared together with the specific name(s) or recognized International Numbering System (INS) as specified in FSS (FPS AND FA) Regulations, 2011 in the list of the ingredients;

(a) Every food to which a flavouring agent is added in accordance with the Regulation 3.3.1(1) of Food Safety and Standards (Food Product Standards and Food Additives) Regulations, 2011, it shall be declared in the list of ingredients provided that:

i) In case of artificial flavoring substances the common name of the flavor shall be declared;

ii) In case of natural flavoring substances or nature identical substances the class name of flavors shall be declared.

CONTENTS : JAM
Hindustan Unilever Limited
LEVERCARE-QUERY / FEEDBACK
TOLL FREE: 1800-10-22-22
PO BOX 14760, MUMBAI
LEVER.CARE@UNILEVER.COM
^MRP Rs. (Incl. of all taxes)
PKD. & Batch No.
See lid
INGREDIENTS: SUGAR, MIXED FRUIT PULP BLEND - 46% (BANANA PULP, PAPAYA PULP, PEAR PULP, PINEAPPLE JUICE, APPLE JUICE, MANGO PULP, GRAPE JUICE, ORANGE JUICE), THICKENER - 440, ACIDITY REGULATOR - 330, VITAMIN B3, PRESERVATIVES - 211, 223 (A)# OR 202 (GGR)#.
CONTAINS PERMITTED SYNTHETIC FOOD COLOUR-122 AND ADDED FLAVOURS - ARTIFICIAL RASPBERRY, PINEAPPLE AND STRAWBERRY FLAVOURING SUBSTANCES.
CONTAINS PERMITTED CLASS II PRESERVATIVES.
BEST BEFORE TWELVE MONTHS FROM PACKAGING.
NET WEIGHT: 500 g

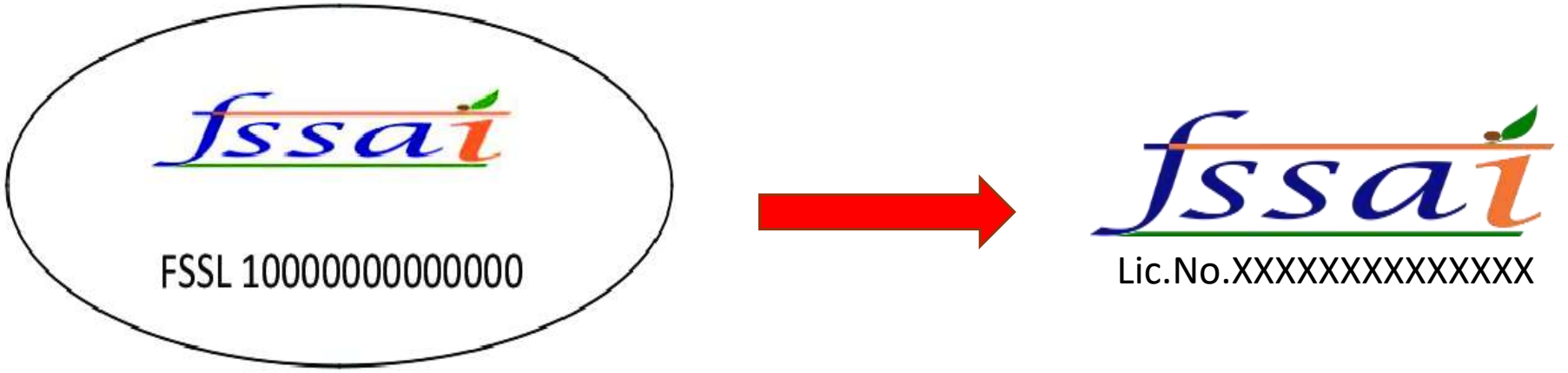
2.5.6. Declaration of name and complete address

- The name and complete address of the brand owner shall be preceded by the qualifying words "**Manufactured by (Mfg by, Mfd by)" or "Marketed by (Mkt by)" or "Manufactured & Marketed by" or "Packed & Marketed by"**

- Alcoholic beverages ,"**Bottled by" or "Blended and Bottled by "or "Imported and Bottled by". or "distilled and bottled by"**

- Name and complete address of the **Importer** in India

2.5.7. FSSAI logo and license number



- In case of imported food products, the importer shall display FSSAI logo and license number **along with name and address of importer**

2.5.8. Net quantity, Retail Sale Price and Consumer Care details

- Declaration of Net quantity, Retail Sale Price and Consumer Care details as per Legal Metrology Act, 2009 (1 of 2010) and the Rules made there under.

2.5.9. Lot/Code/Batch identification

- Use of numeral or alphabet or combinations

2.5.10. Date marking

a. Date of manufacture or packaging

b. Expiry /Use by date

- Grouped together and given at one place
- "Best before" may also be used as optional or additional information
- Day, month and year using the DD/MM/YY format for products with a short shelf life of up to 3 months
- DD/MM/YY or month and year for products with a shelf life of more than three months
- Shelf-life of not more than seven days, the 'date of manufacture may not be required, but the 'Expiry/use by' shall be mentioned on the label by the manufacturer or packer.

(d) Notwithstanding anything contained in this regulation, an indication of the "Expiry" shall not be required for:

(i) Fresh fruits and vegetables, including potatoes which have not been peeled, cut or similarly treated;

(ii) All types of wine;

(iii) Alcoholic beverages containing 10% or more by volume of alcohol;

(iv) Vinegar;

(v) Sugar boiled confectionery;

(vi) Food grade salt for industrial use;

(vii) Solid sugars;

(viii) Chewing gum and bubble gum.

(e) "Date of manufacture or packaging" and "Expiry /Use by" shall be grouped together and given at one place.

(f) "Date and time of manufacture" shall be declared on packed meals served in airlines/railways/mobile catering units.

2.5.11	**Labelling of Imported Foods.-**	Labelling requirements for imported products shall be governed by the Food Safety and Standards (Import) Regulations, 2017 in addition to the requirement mentioned in these regulations
2.5.12	**Country of Origin for Imported Foods-**	
2.5.13	**Instructions for use.-**	
2.5.14	**Declaration regarding Food allergen:**	Contains…… (Name of allergy causing ingredients) exa Gluten, fish,milk,egg,crustacean, peanuts etc
2.5.15	**Every package of food material sold in retail but which is not meant for human consumption example Pooja water, Ghee for diya, Oil for Pooja etc. shall bear a declaration to this effect by a symbol as stipulated below.**	

2.6	Principal display panel.-	
2.7	Mandatory Declarations.-	Schedule II
2.8	Exemptions from certain labelling requirements-	(1) Where the surface area of the package is not more than 100 square centimetres, the label of such package shall be exempted from the requirements of list of ingredients, Lot Number or Batch Number or Code Number, nutritional information, labelling of irradiated food, declaration of food additives, License no and logo the name and complete address of the importer and instructions for use, but these information shall be given on the multi-unit packages. [2][(1) (a) The 'date of manufacture' and 'Use by Date or Expiry Date' may not be required to be mentioned on the package having surface area of less than thirty square centimetres but this information shall be given on the multi-unit packages.]
		(2) In case of liquid products marketed in bottles, if such bottle is intended to be reused for refilling, the requirement of list of ingredients shall be exempted, but the nutritional information specified in regulation 5(3) shall be given on the label.

		(3) In case of food with shelf-life of not more than seven days, the 'date of manufacture' may not be required to be mentioned on the label of packaged food articles, but the 'Expiry/use by' shall be mentioned on the label by the manufacturer or packer
		(4) In case of prepared food served for immediate consumption such as in hotels or by food service vendors or caterers or halwais or hospitals or at religious gathering or food served in airline/railways/passenger vehicle or any mobile unit shall accompany or display the minimum information as specified below at the point of sale/serve of the food. *(a) Specific declarations prescribed under sub-regulations 1.1 (1), (2), (3), 1.4 (3), (4) and 1.9 of schedule II of these regulations;* *(b) information relating to allergen; and* *(c) logo for veg or non-veg.*

		(5) The following labelling requirements are exempted if they are provided in a Barcode/Global Trade Identification Number (GTIN); - Version-VI (22.02.2023) (a) Address of the brand owner whether or not, he himself is the manufacturer, marketer, packer or bottler, as the case may be, (b) the license number of the manufacturer or marketer or packer or bottler, as the case may be, if different from the brand owner.
		(6) For Assorted packs, Shelf life declared on assorted pack should be that of the product having the earliest shelf life declared amongst the different pre-packaged food packed inside.

INSTRUCTIONS :
Indomie
Instant Noodles
Special Chicken
Flavour
SOUP NOODLES
Net Weight : 75g
Seasoning powder, seasoning oil and chilli powder.
Alternative
NUTRITION
Country of Origin: INDONESIA
fssai

CHAPTER- 3

9. Display of information in food service establishments

(1) Food Service Establishments having Central license or outlets at 10 or more locations shall mention the calorific value (in kcal per serving and serving size) against the food items displayed on the menu cards or boards or booklets.

(2) Food Service Establishments shall also mention the information specified below against the food items displayed on the menu cards or boards:

a) information relating to food allergens as prescribed under sub-regulations 5 (14) of these regulations:

Provided that the allergens may be depicted by easy to understand symbols.

b) logo for veg or non-veg;

(3) These provisions shall not be applicable to the following:

a) Event caterers and Food Service premises that operate for less than 60 days in a calendar year (consecutively or non-consecutively).

b) Self-serve condiments that are free of charge and not listed on the menu.

c) Special-order items or modified meals and menu items as per customer's request.

(4) Food Service Establishments shall also provide nutritional information as prescribed under sub-regulation 5(3), specific requirements prescribed under the provisions 1.1 (1), (2), (3), 1.4 (3), (4) and 1.7 of schedule-II of these regulations, if applicable and

information relating to organic food or ingredients, if claimed, for the food items sold by them to consumers upon request in the form of booklets or handouts or on their website.

Provided that deviation of 25 percent may be tolerated in case of nutritional information declaration.

(5) E-commerce Food Business Operators shall get the above mentioned information from respective Food Business Operators and provide on their website wherever applicable.

(6)Nutritional information and/or ingredients information along with health messages shall be displayed where food is served in a manner as may be required and specified by the Food Authority.

(7) The Authority may specify other food service establishments also to comply with the requirements specified in these regulations from time to time.

CHAPTER 4

10. Labelling Requirements of non-retail container

(1) Every packaged food meant for non-retail sale shall provide the following mandatory information either on the container or pasted on the label thereto:

(a) Name of the food;

(b) FSSAI Logo and License number;

(c) Date marking and storage instructions, when required for the safety or integrity of the product;

(d) Lot No. /Batch No. /Code No and

(e) Name and address of the manufacturer or packer (including country of origin for imported packages).

(2) The following information if not provided on the label shall be provided in the accompanying documents:

(a) List of ingredient;

(b) Declaration regarding Veg or Non-Veg and

(c) Net Quantity.

PARTICULARS
DETAILS
fssai

fssai
IMPORTER NAME & ADDRESS
KERALA CASHEW BOARD LTD
fssai

CHAPTER 5

LABELLING OF FOOD ADDITIVES WHEN SOLD AS SUCH

5.11. Labelling of packaged Food Additives for Retail Sale

1) Every package of a food additive meant for retail sale to the consumer shall be labelled in accordance with the Food Safety and Standards (Labelling and Display) Regulations, 2020 except for sub-regulation 5(1) and 5(3) of this regulation.

2) Additionally the label of every package of food additive shall provide the following information under these regulations:

(a) Name of Food Additive. – The specific name as mentioned in Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011 and amendments thereof shall be used.

Provided that:

(i) Where such a name is not listed in the aforementioned clause the name established in international regulations shall be used or

(ii) In other cases the common or commercial name shall be used

(iii) In the case of synthetic food colours the chemical name and the colour index of the dye stuff.

(iv) If two or more food additives are present in the package, their names shall be listed in the descending order of their composition by weight or volume.. If food ingredients are part of the preparation, they shall be declared in the list of ingredients in descending order of proportion by weight.

(b) Other Mandatory Declarations:

(i) Every package of a food additive sold in retail or non-retail sale shall be marked prominently with the words **“FOR USE IN FOOD”.**

(ii) In the case of mixtures of flavourings, the name of each flavouring present in the mixture need not be given but a common or generic expression “flavour” or “flavouring” may be used, together with a true indication of the nature of the flavour.

The expression “flavour” or “flavouring” shall be qualified by the words “natural”, nature-identical”, “artificial”, or a combination of these words, as appropriate. Provided that this qualifier does not apply to flavour modifiers.

5.12. Labelling of Pre-packaged Food Additives Sold other than by Retail

- Every package of a food additive meant for sale other than in Retail shall carry label in accordance to chapter 4 and regulation 10 of these regulations except the clause 10(2) ©.

- The provision of these regulations shall supersede, if repugnant to labelling requirement prescribed in any regulations made under the Food Safety and Standards Act, 2006 (34 of 2006).

Schedule-I

(1) Every package of food fortified as per FSS (Fortification of Foods) Regulations, 2018, shall carry the words “fortified with ……. (name of the fortificant)” and the logo, as specified below, on the label. It may also carry a tag line “Sampoorna Poshan Swasth Jeevan” under the logo.

Fortified with….

SAMPOORNA POSHAN

SWASTHA JEEVAN

milma
SMART
milma
milma
RICH
milma
milma
HOMOGENISED

Balanced Taste
TATA
Salt
PLUS
IRON + IODINE
50% Daily
Iron helps Stay Active*

(2) Every package of certified organic food as per Food Safety and Standards (Organic Foods) Regulations, 2017 shall carry the logo as specified below:

Jaivik Bharat

Schedule-II

Mandatory declarations : 1.(1) Every package of food containing the following ingredients/additives shall bear the following declarations on the label in a rectangular box, namely,-

SL.NO	Ingredients/additives	Declarations
1.	10% or more polyols	Polyols may have laxative effect
2.	10% or more polydextrose	Polydextrose may have laxative effect
3.	Added caffeine	CONTAINS CAFFEINE
4.	Isomaltulose	Contains Isomaltulose-----(kcal) per 100gm or 100 ML
5.	10 per cent. or more Sorbitol and Sorbitol syrup	May have laxative effect, cause bloating and diarrhea in children; and reduce calcium absorption in post-menopausal women

(2) Every package containing the **following articles** of food shall bear the following declarations on the label in a **rectangular box,** namely, -

SL. NO	Articles of food	Declarations
1.	Maida treated with improver or bleaching agents	REFINED WHEAT FLOUR (MAIDA) TREATED WITH IMPROVER/ BLEACHING AGENTS, TO BE USED BY BAKERIES ONLY
2.	Dried Glucose Syrup containing sulphur dioxide exceeding 40 ppm	DRIED GLUCOSE SYRUP FOR USE IN SUGAR CONFECTIONERY ONLY
3.	Fruit squash by whatever name it is sold, containing additional sodium or potassium salt	CONTAINS ADDITIONAL SODIUM/ POTASSIUM SALT

4	Flavour emulsion and flavour paste meant for use in carbonated or non-carbonated beverages	FLAVOUR EMULSION AND FLAVOUR PASTE FOR USE IN CARBONATED OR NON-CARBONATED BEVERAGES ONLY
5	Cheese(s), if coated/packed in food grade waxes	COATED WAX TO BE REMOVED BEFORE CONSUMPTION
6	Frozen Desert/Frozen Confection	Frozen Desserts/Frozen Confection is made with _____ Edible Vegetable Oil*/and Vegetable Fat*
7	Common Salt	COMMON SALT FOR IODISATION*/ IRON FORTIFICATION*/ANIMAL USE*/ PRESERVATION NOT MEANT FOR DIRECT CONSUMPTION*/INFANT FOOD PRODUCTS*/MEDICINE*/INDUSTRIAL USE*
8	Fresh fruit if coated with wax	COATED WITH WAX (give name of wax)

3. Every package containing the following articles of food and advertisement relating thereto shall carry the warning and/or declaration, in a rectangular box, namely, -

SI. No.	Articles of food	Declarations
1.	Pan Masala [Note: The warning statement must cover 50% of front-of-pack of the label]	[CHEWING OF PAN MASALA IS INJURIOUS TO HEALTH
2.	Supari	CHEWING OF SUPARI IS INJURIOUS TO HEALTH
3.	Mixture of Sweeteners mentioned under Appendix A of FSS(FPS & FA) Regulations, 2011.	This …… (name of food) contains an admixture of …… (name of the sweeteners).
4.	Every package of food which is permitted to contain non-caloric sweetener mentioned in FSS(FPS & FA) Regulations, 2011	CONTAIN NON-CALORIC SWEETENER]

SI. No.	Articles of food	Declarations
5.	Aspartame (Methyl ester), Acesulfame Potassium, Aspartame-Acesulfame salt, Sucralose, SACCHARINS, Neotame, Steviol Glycoside and Polyols marketed as “Table Top Sweetener”	(i) Contains..... (Name of sweetener with purity and weight percent of marker compound) (ii) Not recommended for phenylketonurics; for children suffering from seizure disorders; pregnant and lactating women (in case of Aspartame (Methyl ester)) (iii) Not recommended for children; pregnant and lactating women(in case of Acesulfame Potassium) (iv)Not recommended for phenylketonurics; for children; pregnant and lactating women (in case off Aspartame-Acesulfame salt) (v) Not recommended for children” (in case of SACCHARINS) (vi) Polyols may have laxative effect (in case of Polyols) (vii) May have laxative effect, cause bloating and diarrhea in children; and reduce calcium absorption in post-menopausal women (in case of Sorbitol and Sorbitol syrup).
6.	Monosodium Glutamate	This package of (name of the food) ..... contains added MONOSODIUM GLUTAMATE NOT RECOMMENDED FOR INFANTS BELOW -12 MONTHS AND PREGNANT WOMEN

Refined vegetable oil	Refined (name of the Oil) Oil
Plastic bottles of packaged drinking water and mineral water	CRUSH THE BOTTLE AFTER USE or DISPOSE THE BOTTLE RESPONSIBILY
Trehalose	**Contains Trehalose**
Products where dextrin is allowed	Contains Dietary Fibre (Dextrin) ----- (Source of soluble Dietary Fibre)

7.	containing added plant stanol esters	• Contains Plant Stanol Esters (as Plant Stanols)---gm/100 gm or 100ml. • Patients on cholesterol lowering medication should use the product under medicalsupervision. • May not be nutritionally appropriate for pregnant and lactating women and childrenunder the age of five years. • CONSUMPTION OF MORE THAN 3g. PER DAY, TOTAL OF STEROL, STANOLS OR COMBINATION THEREFOF SHALL BE AVOIDED.
8.	products containing added plant sterol	Contains Plant Sterol (as Phytosterols) ---g/100g or 100ml. • Patients on cholesterol lowering medication should use the product under medical supervision • May not be nutritionally appropriate for pregnant and lactating women and children under the age of five years. • CONSUMPTION OF MORE THAN 3g/DAY,TOTAL OF STEROL,STANOLS, OR COMBINATION THEREOF, SHOULD BE AVOIDED

Irradiated Food

Irradiated food shall bear the following declaration and logo – namely

PROCESSED BY IRRADIATION METHOD DATE OF IRRADIATION...

License number of irradiation unit.....
Purpose of Irradiation.....

2.1 Specific requirements/ restrictions on manner of labelling : Oils and fats

Package, label or Ads	shall not use any exaggerated expressions like “Super-Refined”, “Extra-Refined”, “Micro-Refined”, “Double refined,”, Ultra-Refined”.
vanaspati made from more than 30 percent of Rice bran oil	‘This package of vanaspati is made from more than 30 per cent Rice bran oil by weight”
In case rice bran oil which is physically refined is used as one of the ingredients in Vanaspati,	‘Physically Refined Rice Bran Oil.]
package containing annatto colour in vegetable oils	Contains Annatto colour
an admixture of edible oils	“**MULTI-SOURCE EDIBLE OIL**” (Name and nature* of edible oil) ……per cent. by weight (Name and nature* of edible oil) ……per cent. by weight NOT TO BE SOLD LOOSE.”

2.2 Specific requirements/ restrictions on manner of labelling : Coffee chicory mix

(1) Every package containing a mixture of coffee and chicory shall have affixed to it a label upon which shall be printed the following declaration:

Coffee blended with Chicory
This mixture contains
Coffee..... Percent
Chicory..... Percent

(2) Every package containing Instant Coffee-Chicory mixture shall have affixed to it a label upon which shall be printed the following declarations:

Instant Coffee-Chicory mixture made from blends of coffee and chicory
Coffee..... Percent
Chicory..... Percent

2.3 Specific requirements/ restrictions on manner of labelling : Milk and Milk products

All Milk powders, skimmed milk powders and condensed milk (sweetened and flavoured) or similar products, which can be reconstituted into liquid milk, shall carry the following declaration on label:

NOT TO BE USEDFOR INFANTS BELOW SIX MONTHS

Food Safety and Standards (Foods for Infant Nutrition) Regulations, 2020

"IMPORTANT NOTICE": "MOTHER'S MILK IS BEST FOR YOUR BABY"

In case of infant food, a statement indicating "Infant food shall be introduced only after the age of six months and up to the age of two years" shall also be given.

2.4 Labelling prohibitions for drinking water (both packaged and mineral)

(1) No claims concerning medicinal (preventative, alleviative or curative) effects shall be made in respect of the properties of the product covered by the standard. Claims of other beneficial effects related to the health of the consumer shall not be made.

(2) The name of the locality, hamlet or specified place may not form part of the trade name unless it refers to packaged water collected at the place designated by that trade name.

(3) The use of any statement or of any pictorial device which may create confusion in the mind of the public or in any way mislead the public about the nature, origin, composition, and properties of such waters put on sale is prohibited.

2.5 Labelling of ‘Gluten Free’ products

(1) The term "Gluten Free" shall be printed in the immediate proximity of the name of the product in the case of products described in regulation 2.14 of the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, namely:- ‘Gluten free’

In case any gluten free product is manufactured in a plant where gluten containing products are also manufactured this shall be declared on the label as “Processed in a plant where gluten containing products are manufactured”.

2.6 Labelling of various types of bread

The nomenclature of 20 varieties various breads shall comply with requirements mentioned in columns **Specialty Ingredient** and **Minimum amount of Specialty Ingredient as % of Flour** as given in the table in the said Regulations

Food Safety and Standards (Alcoholic Beverages) Regulations, 2018

5.1 Declaration of alcohol content: Alcohol content shall be expressed as per cent. abv or as proof.

5.2 Labeling of standard drink:

5.3 Geographical indicators (GI) or names may be used on the label solely for the products originating from that geographical region.

5.4 In case of imported alcoholic beverage, the provisions of the Food Safety and Standards (Import) Regulations, 2017, shall apply

5.5 Alcoholic beverage shall not contain any nutritional information on the label except energy content in kcal. Such declaration related to energy content shall be voluntary

5.6 No health claim shall be made on alcoholic beverage.

5.8 Food containing alcohol must not be represented in a form which expressly or by implication suggests that the product is a non-alcoholic confection or non-alcoholic beverage.

5.9 Labelling of Wine

5.10 Alcoholic beverage other than wine which contain less than 10 per cent alcohol shall mention the date, month and year of expiry on the label,

5.11 Allergen warning:

5.12 There shall be a statutory warning as mentioned below, printed in English language. In case, respective states wish the same to be printed in their local or regional language, the same shall be allowed without the need for repeating the English version

CONSUMPTION OF ALCOHOL IS INJURIOUS TO HEALTH. BE SAFE-DONT DRINK AND DRIVE.

SS-G0SP08(MISC)/1/2025-Standard-FSSAI
Food Safety and Standards Authority of India
(A Statutory Authority established under the Food Safety & Standards Act, 2006)
FDA Bhawan, Kotla Road, New Delhi-110002

Date: 6th January 2026

Office Order

Subject: Decision taken in the 48th Food Authority Meeting regarding the 'Policy on the timeline for compliance with FSS Regulations.'

In exercise of the powers conferred by Section 92 of the Food Safety and Standards Act, 2006, the Food Safety and Standards Authority of India (FSSAI) makes or amends the Food Safety and Standards Regulations with the approval of the Central Government.

2. During the 48th Meeting of the Food Authority, the following policy has been decided regarding the timeline for compliance with FSS Regulations:

   i. Amendments relating to the FSS (Labelling and Display) Regulations, as well as any changes in labelling requirements specified in other Food Safety and Standards Regulations, shall come into force on **1st July**, subject to a minimum transition period of **365 days** from the date of notification.

   ii. In emergency situations, the matter of implementation or enforcement may be decided on a case-by-case basis.

3. This order supersedes the order dated January 3, 2025, concerning the decision taken at the 45th Food Authority Meeting regarding the timeline for compliance with amendments to labelling provisions.

Digitally signed by
Alka Rao
Date: 06-01-2026
11:50:50

(Dr. Alka Rao, Advisor)
Science & Standards & Regulations
Food Safety and Standards Authority of India

Food labels are
important for you!
Nutrition Facts
Stop you from buying counterfeit products
Keep you healthy
Keep you safe
Help detect ingredients that could cause you harmful reactions
Food and Agriculture Organization of the United Nations
Working for #ZeroHunger

Thanks for your attention……..

FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food

Ministry of Health and Family Welfare, Government of India